**8/7 2 Mile Team Time Trial**

**Boys (Time Trial)**

1. Greyson Hilber 11:18
2. Joseph Elbert 11:50
3. Luis Morales 12:26
4. Zane Stokes 12:47
5. Atticus Corn 12:49
6. Ryan Tomczyk 12:52
7. Hammet Knupp 13:36
8. Rocky Middendorf 13:41
9. Brandon Brackenridge 13:47
10. Max West 13:59
11. Isaiah Thompson-Fields 14:28
12. Ethan Saravanja 14:33
13. Zach Staley 16:09
14. Daniel Gattis 16:32
15. Simon Jolly 17:08
16. Connor Morris 20:03
17. Brayden Peek 20:05
18. Christopher Plummer 27:20

**Girls (Time Trial)**

1. Kylie Nucci 14:41
2. Dresden Jolly 14:41
3. Kallie Drummond 15:53
4. Swaye Mohler 16:34
5. Casey Buttler 17:40
6. Sarah Howell 17:51
7. Laci Barron 18:08
8. Macy Thomas 19:30
9. Zaire Williams 20:00
10. Olivia Harris 20:02
11. Ja’Riyah Grisle 20:16
12. Lynn Holt 20:24
13. Maria Roman 21:58
14. Justinne Tomedonou 24:50
15. Arianna Devitta 25:40

**Top Improvements 2020-2021**

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| Boys | Girls |
| 1. Connor Morris 4:06 | 1. Sarah Howell 2:42 |
| 1. Luis Morales 0:45 | 2. Macy Thomas 1:41 |
| 1. Max West 0:19 | 3. Justinne Tomedounou 1:23 |

Time Trial Thoughts:

1. Solid performances and tons of improvements from the returning runners
2. Had some new runners definitely impress today!
3. Boys are senior heavy, so all younger runners you are working hard this year to replace them next year! Top 10 – Seniors: 5, Juniors: 2, Sophomores: 1, 8th Graders: 2
4. More boys broke 14 today than last season, girls had a better 1-2 this year than last year!
5. Girls are very young, so don’t limit yourself, go after your goals and set the tone for this season! Top 10 – Seniors: 2, Juniors: 1, Sophomores: 5, Freshmen: 2
6. We need to close the gap to the top group so we have a bit more depth.
7. Loved the team cheering each other on, I want it to get bigger and louder at meets! Teamwork and support will help everyone get better this season and enjoy it!
8. Do not walk while in a race, you must push yourself! Normally most can keep going physically, it is your mentality that tells you that you can’t. Don’t listen to the negative, trust you can make it.
9. I am excited to see what we do this season, it is just the start so keep working hard!